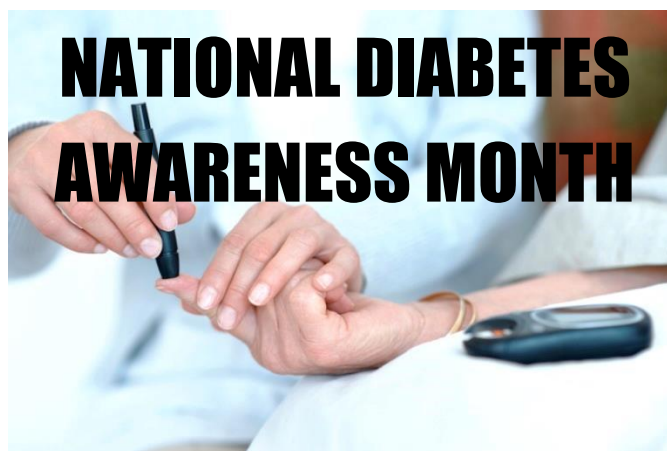


NOVEMBER IS...



IT'S A FACT

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. 1 in 11 Americans have diabetes — that's more than 29 million people. Another 86 million adults in the U.S. are at high risk of developing type 2 diabetes. If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes.

The good news is that making healthy changes can greatly lower your risk.



- ⇒ [EAT HEALTHY](#)
- ⇒ [GET ACTIVE](#)
- ⇒ [HEART HEALTHY FOODS: SHOPPING LIST](#)
- ⇒ [PREVENTING DIABETES: QUESTIONS FOR THE DOCTOR](#)
- ⇒ [TAKE STEPS TO PREVENT TYPE 2 DIABETES](#)
- ⇒ [WATCH YOUR WEIGHT](#)





PERSONAL HEALTH TOOLS

- ⇒ [DAILY FOOD AND ACTIVITY DIARY](#)
- ⇒ [LOSING WEIGHT: CONVERSATION STARTERS](#)
- ⇒ [SUPERTRACKER](#)
- ⇒ [MY HEALTH ADVISOR](#)

Adapted from the American Diabetes Association.

For more information and materials, contact the American Diabetes Association

<http://www.diabetes.org/>

This is how we reach our goals.

1. EDUCATION 2. AWARENESS 3. EMPOWERMENT 4. SUPPORT



1 in 11

Americans has diabetes today.



Every **23 seconds**, someone in the U.S. is diagnosed with diabetes.



86 million

Americans are at risk for diabetes.



Diabetes causes more deaths than AIDS and breast cancer combined.



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#ThisIsDiabetes

CLICK ABOVE TO VIEW THE AMERICAN DIABETES MONTH 2016 FACT SHEET (PDF)